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Proud Sponsor of the 2012

24th Annual Lady White Rose 5k RUN

the original all-female 5K run in York County

The Lady White Rose is supported by Flying Feet Sport Shoes, Moving Comfort, and Brooks.



WHEN: Saturday, April 21, 2012 at 9am

WHERE: YWCA York, 320 E. Market Street York, PA (3 blocks east of Continental Square)

PREMIUM: Silk-screened **MOVING COMFORT SHORTS** for all participants **registered by April 1st**.

ENTRY FEE: Postmarked by April 1st \$25.00 with shorts OR \$15.00 no shorts
Postmarked after April 1st \$28.00 if shorts are available OR \$18.00 no shorts

ENTRY SPECIAL: Sign up for the run, bring along a **new runner to our event** and you both can subtract \$1 from your entry fee. You must send your entries together.

AWARDS: Special awards to the first 3 women overall and to the first master finisher.
13 & under (3); 14 -18 (3); 19-24 (3); 25-29 (3); 30-34 (3); 35-39 (3); 40-44 (3); 45-49 (3); 50-54 (3); 55-59 (3); 60 & over (3).
No duplication of awards.

RACE DAY: Run is held on city streets. Refreshments following the race.
Awards ceremony and random drawings will be held following the race.

PARKING: Parking is available on the street and in YWCA lot on Reinecke Place. DO NOT park in the church lot adjacent to the YWCA.

EARLY PACKET PICK-UP: Packets can be picked up on Friday, April 20th (10am - 6pm) at **YWCA, 320 E. Market Street, York (717-845-2631)**

Race day registration and packet pick-up: 8:00am - 8:30am at YWCA.

Race Director: Tara Neff (717) 845-2631, ext 131 tneff@ywcayork.org

All proceeds will benefit the YWCA York. Walkers are welcome.

Visit our website www.ywcayork.org for online registration.

SPECIAL NOTICE: Please read carefully and PRINT all information. NO REFUNDS.

NAME _____

LAST FIRST MI

ADDRESS _____

NUMBER AND STREET or POST OFFICE BOX

CITY STATE ZIP

TELEPHONE (____) _____ E-Mail _____

SHORT SIZE (circle one) S M L XL

AGE ON 4/21/2012 _____

MAKE CHECKS PAYABLE TO: YWCA York

Mail checks and applications to: YWCA, 320 E. Market Street, York, PA 17403

In consideration of the acceptance of this entry to the Lady White Rose, I waive all claims for myself, my heirs, and assigns the sponsors, co-operating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without obligation to anyone to compensate me further therefore.

SIGNATURE

DATE

PARENT'S SIGNATURE (IF LESS THAN 18 YEARS)